

Here are some things that patients should know in order to make their optometry exam go more smoothly. First, in order to schedule and exam, please call the BG Sams U.S. Army Health Clinic central appointments line, which is 263-4175.

Once you have an appointment with us, you can assist us greatly if you bring your glasses and your medical record with you when you arrive for your appointment. There are two reasons this is important. One is because optometry is a very number intensive branch of the medical field. By measuring the prescription of your current glasses, and referring to your medical record to review your past glasses prescriptions, we can compare them to the numbers we are getting for your current visit. We can then determine if they are ordinary changes that we would expect over time, or if the changes we are seeing may indicate that something more serious is going on.

For contact lens wearers, it is important that you do not wear your contact lenses for at least 24 hours prior to your appointment. This is important is because wearing contact lenses can change the balance of water in your cornea, and this change can affect your prescription. If you wear your contact lenses to your appointment and remove them after your arrival, your prescription may not be as precise as it should be.

Another important consideration for contact lens wearers is to provide us with as much information about your current contact lens prescription as possible. If we prescribed them here at BG Sams Health Clinic, then all is well as we record this information in your medical record and can retrieve it easily. But if you were prescribed contact lenses somewhere else, then we really need to know as much as we can about your contact lenses. The written prescription from your previous optometrist, or the packages that the contacts came in are usually sufficient for us to work with. Without this information however, may be left with no choice but to start all over again from scratch. This is undesirable as every brand of contacts is slightly different, and some patients find that certain brands work much better than others. If we don't know what brand you are currently wearing, you may find your new brand doesn't work as well as your old one did.

The last thing I would like to mention is the importance of having a periodic eye exam, even if you don't need to wear glasses or contacts to see clearly. This is critically important as there are several eye diseases that in their early stages have no symptoms at all, but in the late stages can be devastating and untreatable. By having a periodic eye exam, these diseases can often be detected by the optometric physician and often can be treated before they cause too much harm. Furthermore, some systemic diseases can also be detected during an eye exam, which makes these periodic check ups even more important.

We look forward to seeing you at the eye clinic!

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